

## **ABSTRACT**

An adjustable carry strap and handle for facilitating the lifting of an object, such as a roll of material. The carry strap and handle has an elongated and substantially planar strap. Coupling portions are provided on the strap to enable the carry strap and handle to attach to itself when looping around an object to be carried, to a second carry strap and handle, or to another device. A handle is provided on the carry strap and handle to facilitate comfortable carrying by a user of the object to be carried. The handle is initially coplanar with the carry strap and handle, but folds into a substantially upright position when in use for increased comfort and safety for the user.